

Week Beginning Monday 4th May 2020	
Year 5 and 6 Content	Resource Attachment
Born to Move	We have selected the routine below for you to try this week
Login details sent to you by School	https://borntomove.lesmills.com/media/BORN+TO+MOVE+15+8-12+Never+Let+You+Go/0_cq4ts44r/130160092
FMS of the Week - Roll	
Roll Coaching Points	Click on the Resources Link Below
Roll Video	https://www.youtube.com/watch?v=UcXfDhdrV0w
	IMPORTANT THAT WE MASTER OUR FUNDAMENTAL MOVEMENT SKILLS
Athletics	
Athletics Yr 5 and 6 Resource Card	Click on the Resources Link Below
Home PE Lesson with Mrs Brookwell	https://www.youtube.com/watch?v=iFMUgbWRnV4
Dance	
Street Dance Lesson with Emma	https://www.youtube.com/watch?v=btc_RM8TT8SE
Gymnastics	
Gymnastics Yr 5 and 6 Resource Card a and b	Click on the Resources Link Below
Home PE Lesson with Miss Rimmer	https://www.youtube.com/watch?v=5vMzBs28-vI&t=13s
Invasion/Target Games	
Target Games Yr 5 and 6 Resource Card	Click on the Resources Link Below
Home PE Lesson with Ellen	https://www.youtube.com/watch?v=E2q8483QGCs&t=484s
Striking and Fielding	
Striking and Fielding Yr 5 and 6 Resource Card	Click on the Resource Link Below

Yoga and Mindfulness	It would be great to try our Yoga and Mindfulness activities with an adult in the home.
Square Breathing Resource Card	Click on the Resource Link Below
Act of Kindness Resource Card	Click on the Resource Link Below
Yoga Bears KS2 Resource Card a & b	Click on the Resource Link Below
Home Yoga Lesson with Ellie	https://youtu.be/ux3rA603AWs
Active Maths	
Active Maths Year 5 and 6 Resource Card - Playing Card Challenge	Click on the Resources Link Below
Health and Wellbeing	
Chicken Goujons Recipe	Click on the Resource Link Below
Carrot and Parsnip Soup Recipe	Click on the Resource Link Below
Vitamins Year 5 and 6 Resource Card	Click on the Resource Link Below
West Lancs Sport Partnership Coaches Challenges	
Catching Drill Challenge with Ste	https://www.youtube.com/watch?v=BBsZuIVnIS4&t=58s
Toilet Roll Relay Challenge with Mrs Brookwell	https://www.youtube.com/watch?v=1hbJv1NIUsU
Press Up/Plank Challenge with Portia	https://www.youtube.com/watch?v=UyLkZU5Q9yA
Toilet Roll Tower Challenge with Ellen	https://www.youtube.com/watch?v=niTQvSgz_4k
Football Pass Challenge with Saph	https://www.youtube.com/watch?v=iaxptzSNNmo
Synonym Skipping	Click on the Resource Link Below
Tap Up Tennis	Click on the Resource Link Below
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YEAR 5&6 RESOURCE LINK ON GOOGLE DRIVE	https://drive.google.com/drive/u/1/folders/17R-FJyMGbaZR5AXgRbxYwXOzgPDcHxzM